

DINNERLY



Hoisin Veggie Stir-Fry with Mushroom Patties and Rice



30 minutes



2 Servings

Our umami-rich mushroom patties paired with tender greens stir-fried in a sweet-salty hoisin sauce make for vegan dinnertime satisfaction.

- 150g jasmine rice
- 1 onion
- 150g green beans
- 200g Chinese broccoli
- 2 mushroom patties ¹
- 2 tbs hoisin sauce ^{1,6,11}
- 10g fried shallots ¹

- 1 garlic clove
- 2 tbs vegetable oil
- 2 tbs soy sauce ⁶

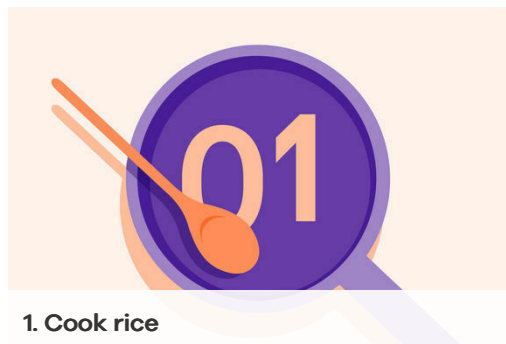
- small saucepan with lid
- medium deep frypan

ALLERGENS

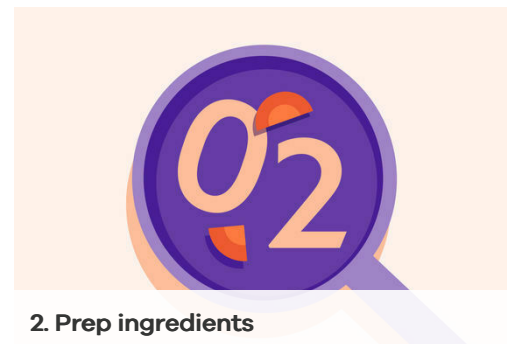
Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

NUTRITION PER SERVING

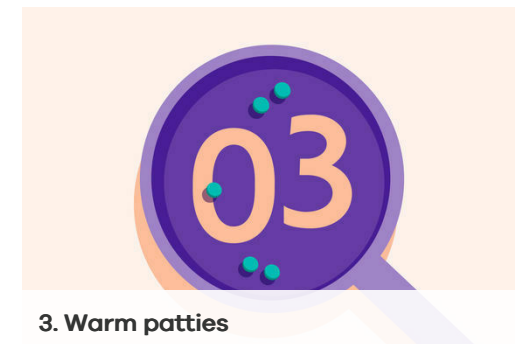
Energy 710kcal, Fat 28.5g, Carbs 113.0g,
Proteins 18.3g



Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



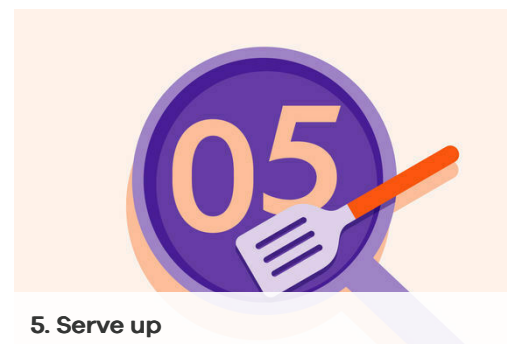
Meanwhile, crush or finely chop **1 garlic clove**. Cut the **onion** into thin wedges. Trim the **beans** and halve on an angle. Trim the **Chinese broccoli**, then halve lengthwise and cut into thirds. Quarter the **mushroom patties**.



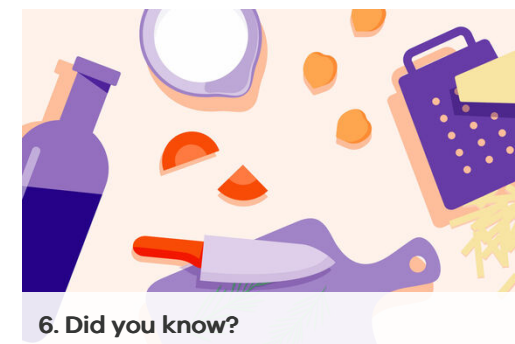
Heat **1 tbs vegetable oil** in a medium deep frypan over medium heat. Cook the **patties** for 3-4 mins each side until warmed through. Remove from the pan.






Heat **1 tbs vegetable oil** in the same pan over medium-high heat. Stir-fry the **garlic** and **onion** for 2 mins or until fragrant. Add the **beans** and **broccoli** and stir-fry for 2 mins or until the veggies are tender but still with crunch. Stir in the **patties, hoisin sauce, 2 tbs soy sauce** and **100ml water** and bring to the boil.



Reduce the heat to low. Cook for 2 mins or until slightly reduced. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **rice** and **stir-fry** among bowls. Scatter over the **fried shallots** and enjoy!



Chinese broccoli is related to regular broccoli, cabbage and cauliflower. Known as gai lan in Chinese, its stem has a broccoli-like texture while its leaves look and taste similar to spinach.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au    **#dinnerly**

 **Packed in Australia**
from at least 75%
Australian ingredients